

Kids - What You Should Know About Tobacco & Sports

Facts About Tobacco and Athletic Performance

- The nicotine in cigarettes and spit tobacco narrows your blood vessels causing your heart to work harder so you'll get tired quicker and run out of breath faster.
- Smokers run slower and can't run as far as or as long as nonsmokers.
- Smokers have a lower level of lung function, reducing the amount of oxygen available for the muscles that you use in sports.
- Smokers suffer from shortness of breath almost three times more often than nonsmokers.
- Kids who smoke are more likely to suffer from respiratory illnesses more often and more severely.

Tobacco and Personal Appearance

- The hair and clothing of smokers smells bad.
- Tobacco stains teeth, causes bad breath and leads to gum recession and disease.
- Smoking causes wrinkles.
- After only a few weeks, users of spit tobacco can develop cracked lips, white spots, sores and bleeding.
- Oral cancers caused by spit tobacco can lead to grotesque change of the face, and even death, at a much younger age than the cancers developed in smokers.

For Help Quitting Tobacco:

1-800-QUIT-NOW www.TryToStopNH.org www.MyLastDip.org

**For more information about preventing tobacco use, contact
NH Department of Health and Human Services
Tobacco Prevention & Control Program
800-852-3345, ext. 6891**

For more Fact Sheets please go to www.ParentHelpNH.org



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services,
NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org